

NEWSNOTES

Soldier Show on stage at Timmermann Center

The 2007 U.S. Army Soldier Show will light up the stage at Timmermann Center Sept. 23, with two shows at 1 and 6 p.m. The show, which features a variety of entertainment by Soldiers on tour around the world, is open to the public. Those attending must enter the post through the main gate on Route 68.

Retiree Appreciation Day offers information update

Fort Dix community retirees and their families are invited to share fellowship and information at the 2007 Retiree Appreciation Day. The event is scheduled for Saturday, Sept. 15 in Griffith Field House on Eighth Street. The day's activities will begin at 8 a.m., and will include an information fair and updates on benefits and policies.

Interview workshop hones skills for job seekers

A workshop designed to polish your interview skills will be presented by Fort Dix Army Community Service in partnership with Burlington County College, Job Placement Office Sept. 18 at 11:30 a.m. in the Army Community Service Conference Room, Bldg. 5201 Maryland Ave.

Register in advance of the workshop by calling Rod Martell, Army Community Service, at (609) 562-2186 or e-mail rod. Seating is limited to 20.

Java Cafe offers sip and surf time

The Java Cafe at Club Dix offers Starbucks Coffee, a variety of coffee specialties and fresh-baked treats Monday through Friday from 7 a.m. to 1:30 p.m.

Stop by the Computer Lounge and surf while you sip, Mondays and Tuesdays 7 a.m. to 1:30 p.m., Wednesdays through Fridays, 10 a.m. to 10 p.m., and Saturdays and Sundays, noon to 10 p.m.

Wireless internet access is also available for visitors.

WEATHER

FRIDAY -- Mostly sunny, high near 87 with mild breeze. Overnight low of 62 degrees.

SATURDAY -- Mostly sunny, high near 87 degrees, chance of showers in evening with a low of 67.

SUNDAY -- Rain and thunderstorms likely in morning, clearing toward noon with high of 83. More storms in evening, low of 69 degrees.

MONDAY -- Showers and some thunderstorms likely through the day and into evening, high of 80 and overnight low of 66.

TUESDAY -- Chance of showers, mostly cloudy all day, high of 81 and low of 64.

WEDNESDAY -- Chance of showers and thunderstorms, cloudy with high near 82 and overnight low of 61 degrees.

THURSDAY -- Mostly sunny during the day. Cloudy into evening, clearing overnight and high of 84. Overnight low of 60.

Training keeps on rolling



Simulator flips Soldiers for survival at all angles

Pascual Flores
Public Affairs Staff

For some Soldiers here at Fort Dix, rolling around in a military vehicle is part of the required training during their mobilization, prior to deployment overseas.

For Master Sgt. Daniel McCracken, an Iraq War veteran, assigned to the 72nd Field Artillery from the New Jersey Army National Guard, applying the HEAT to their rolling around, has nothing to do with the temperature outside.

McCracken, a member of the Operation Warrior Trainer (OWT) program has been at Fort Dix since January 2006, and has participated in the Observer/Controller Training course and the Driver Training course before assuming the responsibility of a certified instructor trainer on the Humvee Egress Assistance Trainer (HEAT), in July 2007.

With the majority of injuries resulting from Improved Explosive Devices (IED) or small arms fire, additional injuries have occurred

WAY OUT -- Trainer Master Sgt. Daniel McCracken inches a rollover simulator on its side during training Aug. 31 on how to best survive and escape a HUMVEE rollover, above left. Above, Spc. Christopher Murphy, 972 Military Police Co., Massachusetts National Guard, climbs out the gunner's hatch after the vehicle simulator, dubbed a Humvee Egress Assistance Trainer, is rolled 90 degrees.

from accidents involving vehicles rolling over as a result of loose sand and gravel on the road or rolling into a canal or ditch.

Designed to assist the occupants in exiting a vehicle that has overturned, the HEAT simulator provides realistic and relevant training related to the M1114 up-armored Humvee.

"We have provided training to approximately 400 Soldiers and three generals since July 19, 2007, when we received our simulator," said McCracken.

During the simulation, trainers rotate the HEAT at different angles, including 25 degrees, 90 degrees, and finally the upside down 180-degree angle.

The intent of this training is to provide the occupants with confidence in the seat restraining systems and their

ability to exit the vehicle safely.

In addition to turning the occupants' world upside down, the HEAT is intended to teach those inside to try to relax and not panic.

"The ones that panic are the ones that have the hardest time," McCracken added.

"Utilizing the training from the HEAT simulator has shown that there has been a 250-percent survivability for the personnel who took the course," McCracken said.

"We also instruct Soldiers on how to tie and secure stuff in the vehicle. Those potential flying objects cause a lot of injuries," he added.

"I believe the training was that exact as what really happens in a rollover," said Spc. Jesse Nieto, an OWT with the 72nd FA from Dover.

Nieto, an assistant instructor with

the HEAT simulator, served at Balad and Camp Anaconda, Iraq, from October 2005 to June 2007 with the 42nd Infantry Division. Among other duties, Nieto trained Soldiers on the HEAT simulator during his deployment.

"The training with the HEAT simulator is probably the most realistic training besides live-fire," Nieto said. "The HEAT simulator helps in reorienting yourself and egressing from an overturned vehicle," Nieto added.

"The HEAT simulator gave us the opportunity and confidence for each of the individuals in the vehicle to know their role in the event of a rollover," said Spc. Stephen Rountree, 158th Cav., Maryland Army National Guard, prior to his deployment for the Global War on Terrorism.

New personnel plan ads flexibility for hiring, managing

Lt. Col. Roger Cotton
Fort Dix Deputy Commander

Change is never easy, but without it, things don't get better.

Many of you entered into civil service with the Army under the Total Army Personnel Evaluation System personnel system. You interviewed for a position as a wage grade (WG) or general service (GS).

In the employee with a set pay scale. You were paid based on the position you occupied, not exclusively on your performance. You were evaluated annually on your job performance, but the evaluation was not linked to your pay, or useful for future positions. Supervisors did not have the authority to promote, reassign, reward or discipline an employee easily.

Enter what has been called the most significant change to civilian human resources in 120 years.

In 2004, the Department of Defense chose to completely revamp the civilian personnel management system into a simple, more flexible and agile system to meet the demands of a dynamic national security mission, while preserving the core,

enduring values of the civil service. The National Security Personnel System, or NSPS, will allow us to attract, recruit, retain and manage quality civilian employees.

It will enable employees to have greater opportunities to affect their pay through excellent performance and it will enable managers to recruit and retain high quality talent more effectively and expedite disciplinary and appeals processes. In the

end, we will have a stronger military Army through good leadership using NSPS as a tool.

The launching of NSPS has not been without some challenges.

The Army is implementing NSPS in phases, called spirals, to allow for evaluation and adjustments of the system. Some improvements will be made to the software and the process. Currently, we are implementing NSPS for about one third of our workforce. Training efforts are ongoing for managers and employees.

Concerns from the unions are being addressed at Department of Defense level and in the courts to ensure that NSPS is fair and effective for both employees and managers.

(continued on page 6)

Long-time Dix fan Grand dead at 78

Nicholas G. Grand, a long-time friend of Fort Dix, died Sunday, Sept. 2, at the Mount Holly Rehabilitation Center.

He was 78 years old. "Nick Grand was a true friend of Fort Dix," said Lt. Col. Roger Cotton, deputy commander of Fort Dix. "I always looked forward to seeing Nick Grand at our various functions, because he had a contagious smile, warm heart, and great love for our Soldiers, civilians and families."

Grand received the rare honor of having a street named after him -- Nick Grand Street -- on Fort Dix's Doughboy Loop near the U.S. Air Force Expeditionary Center in a ceremony June 22. "I went through basic training at Fort Dix in Co. A, 36th Training Battalion," Grand told friends and family at the affair, "and here I'm getting my name on a street."

"Papou," as he was called in his Greek family, was born in New York City on Feb. 11, 1929 and was a product of that city's public education system. After graduating from East New York Vocational and Technical High School, Grand joined the Army, serving honorably from 1947 to 1950 and from 1952 to 1954.

In 1958 Grand became Public Affairs Officer for the Air Force Reserve's 514th Troop Carrier Wing, then based at Mitchell Field, Long Island. When the 514th moved to McGuire, Nick moved with it. He went on to join the 108th Tactical Fighter Wing, NJANG, serving in public affairs for the rest of his military career which, in total, spanned some 42 years.

As a civilian Nick was something of a media wunderkind,



Nick Grand, 1929-2007

serving as Public Affairs Officer for the Naval Air Station at Lakeland from 1967 to 1989. During the 1980s, Grand owned radio station WWJZ, 640 on the AM dial, which played all the classic hits of the 30s, 40s and 50s for fortunate listeners in the Delaware Valley.

In retirement, Nick didn't let up. He worked as an ombudsman/spokesman for Employer Support of the Guard and Reserve. His efforts were recognized, too, most notably when he was recently awarded the Ellis Island Medal of Honor.

Nick is survived by his sons George of Eastampton, Peter in Hudson, Fla., and their families along with his daughter Toni Ann Drankwalter, also of Hudson. Funeral arrangements for Grand were private and his family requested that in lieu of flowers, donations in Grand's name be made to The Githens Center for the Handicapped, 40 Cedar St., Mount Holly, N.J. 08060.

General Pershing led Army into 20th century

Steve Snyder
Public Affairs Staff

Next Thursday, Sept. 13, marks 147 years since the birth of John J. Pershing. And in all that time America and its Army hasn't seen anybody quite like the man who was instrumental in molding our modern military forces.

General John Joseph "Black Jack" Pershing was the most accomplished and acclaimed Soldier of the early 20th century.

The son of a railroad section boss was born near Laclede, Mo., in 1860. The young Pershing entered West Point in June 1882, graduating 30 out of a class of 77 but with superiors recognizing his leadership potential.

From September 1886 until 1887 Pershing scouted hostile Indians deep in their own territory while stationed with the 6th Cavalry at Fort Bayard, N.M. and participated in the tragic Wounded Knee campaign.

Beginning in 1891 he taught military science and tactics for four years at the University of Nebraska. From 1895-96 Pershing held various assignments with the Cavalry in the West including a stint with the 10th Cav., the all-black Buffalo Soldiers.

In 1897 he taught at West Point but was unpopular with cadets there, including a young Douglas MacArthur, because he was thought to be "too strict."

Combat followed in the Santiago Campaign at San Juan Hill in Cuba in 1898. His commander praised him and cited him for gallantry saying, "Pershing is the coolest man under fire I ever saw."

The young officer received further raves serving in the Philippines during the Moros (Muslim Filipinos) uprising on Mindanao Island for four years (1899-1903). In what was the f perhaps the most savage insurrection the U.S. ever faced, Pershing participated in the advance up the Cagayan River destroying the stronghold of Macajambo.

For his superb performance in the Philippines, President Teddy Roosevelt pushed Pershing for promotion to brigadier general, which finally came through in 1906.

Pershing returned to service in the Philippines from 1909-1913, leading a successful assault on the Moro stronghold at Mount Bagsak on the island of Jolo.

The Moros were completely defeated in 1913.

On March 15, 1915 Pershing led an expedition into Mexico to capture bandit-revolutionary Pancho Villa. His force of 10,000 men were ill-equipped and hampered by lack of supplies due to a breakdown of the Quartermaster Corps. Still, Pershing's raiders penetrated 350 miles into Mexico and routed Villa's forces, severely wounding Villa himself.

After 10 frustrating months, though, Pershing's expedition was ordered home in February 1917. World War I loomed on the horizon and Villa's Mexican rebels were pretty well decimated by that time, anyway.

When America entered the first World War in 1917 Pershing's prowess, experience and charisma made him the natural choice to lead the American Expeditionary Force.

He had to build our Army up almost from scratch; organizing, training, and supplying a green, inexperienced force which eventually numbered up to two million men.

Pershing jealously guarded command of American forces for Americans only, although the U.S. Soldiers fought in various coordinated campaigns.

Pershing led 500,000 Americans in the reduction of the St. Mihiel Salient in September 1918. His troops then went on to smash the Germans at Meuse-Argonne.

In reward for his achievement in creating a vast Army from virtually nothing, Pershing was named General of the Armies, an honor George Washington had held only posthumously. In 1921 he was appointed Army Chief of Staff, fixing the Army's organizational framework to meet the challenges of the 20th century.

The success of Pershing's efforts can be gauged by the success of the United States in World War II. Although the country had downsized considerably between wars (as has happened traditionally), the structure held. Victory was attained. Pershing was among the architects of our Army today. He had few peers.



Wikipedia



ibiblio.org/hyperwar/AMH/AMH-16.html

IN COMMAND -- Gen. John J. Pershing, above left, lands in France in 1917 as the commander of the American Expeditionary Force in World War I. At right, the general and his men track Mexican outlaw Pancho Villa in 1914 following attacks by Villa's band on U.S. territory shortly before.



postcard sent from Fort Dix dated May 7, 1918



PFC W. Thurston, Comm & Pic Svcs, Photo Opns., Fort Dix, Nov. 25, 1966

BLASTS FROM FORT DIX'S PAST -- A postcard, upper left, dated May 7, 1918 from Fort Dix pictures Gen. John J. Pershing, commander of the American Expeditionary Force to Europe in World War I. On the right, Pvt. Richard W. Pershing, grandson of the late General of the Armies John J. Pershing, practices for weapons qualification in basic training at Fort Dix in November 1966. Coached by Pvt. Robert F. Cushing, Pvt. Pershing was shooting on the 11th Infantry Range. He belonged to the Co. "V," 2d BCT Bde. Richard Pershing went on to become a second lieutenant before being killed in Vietnam in 1968. Richard and Col. John Warren Pershing III are buried beside their illustrious grandfather in Section 34 of Arlington National Cemetery, near the graves of "Doughboys" from World War I.

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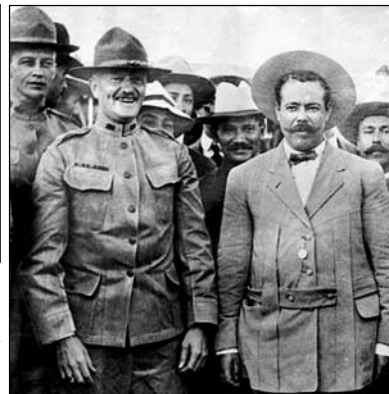
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Wikipedia

DASHING FIGURE -- John Joseph "Black Jack" Pershing rose to become General of the Armies, led American forces in World War I and mentored a generation of generals destined to enter the history books - Marshall, Eisenhower, Bradley and Patton.



Robert Bunyon, The South Texas Border Photograph Collection Library of Congress

SMILING FACES -- Maj. Gen. Pershing shares a laugh with Mexican revolutionary leader Pancho Villa, right, on August 27, 1914 near Texas' border with Mexico. Pershing led the 8th Brigade in the unsuccessful 1916-17 Punitive Expedition into Mexico prior to America's entry into the First World War.



Golden Gate National Recreation Area, Park Archives

"BLACK JACK" -- Gen. John J. Pershing, far right, reviews troops of the 10th Cavalry, part of the famed Buffalo Soldiers, at Fort Myer, Va. in 1932. On Oct. 1, 1895, 1st Lt. Pershing took command of a unit within the Army's 10th Cavalry Regiment (one of the original Buffalo Soldier regiments) which was composed of African-American Soldiers commanded by white officers. From Fort Assiniboine in Montana, Pershing led an expedition that rounded up and deported a large number of Cree Indians to Canada. Although Pershing was never sympathetic to the plight of American Indians, he was an outspoken advocate of black Soldiers, considering them to be an invaluable asset to the U.S. military. Pershing was nicknamed "Black Jack" in memory of the days when he commanded Buffalo Soldiers.

the Post

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New flu season looms, pandemic risk still high

As flu season approaches, we are once again hearing the word "pandemic" in discussions about how serious the season will be and what steps we should take now to deal with a serious outbreak.

While the terms Avian Flu and pandemic flu are often used interchangeably, they are not the same thing. The world has seen numerous outbreaks of pandemic flu, identified as such by the severity of symptoms, the rate of infection and how far the illness spreads. Avian flu refers to a specific strain of flu that has so far not spread readily from person to person. Avian flu could become pandemic, but has not yet met the criteria.

An influenza (flu) pandemic is a worldwide outbreak of flu disease that occurs when a new type of influenza virus appears that people have not been exposed to before (or have not been exposed to in a long time).

The pandemic virus can cause serious illness because people do not have immunity to the new virus.

Pandemics are different from seasonal outbreaks of influenza that we see every year. Seasonal influenza is caused by influenza virus types to which people have already been exposed. Its impact on society is less severe than a pandemic, and influenza vaccines (flu shots and nasal-spray vaccine) are available to help prevent widespread illness from seasonal flu.

In 1918 the Spanish flu claimed the lives of 500,000 Americans. This was an unusually severe pandemic. The Asian flu pandemic of 1957 resulted in the deaths of 69,800 U.S. citizens. The Hong Kong flu pandemic of 1968, the least severe of the 20th century pandemics, resulted in 33,800 deaths. Every year, seasonal flu kills about 36,000 Americans.

Influenza pandemics are different from many of the other major public health and health care threats facing our country and the world. A pandemic will last much longer than most flu outbreaks and may include "waves" of influenza activity that last 6-8 weeks separated by months.

The number of health care workers and first responders able to work may be reduced. Public health officials will not know how severe a pandemic will be until it begins.

Influenza viruses are actually a family of viruses, called the orthomyxoviridae which have three members, called Types A,

B, and C. Type A viruses cause infection in a wide variety of mammals, including man, horses, pigs, ferrets and birds. It is the main pathogen that is associated with epidemics and pandemics in humans.

Type B viruses infect only mammals and cause disease, but generally not as severe as the A types.

Type C viruses also only infect mammals, but do not cause disease. As you can see all three types can cause infection in humans, but Type A viruses are most infectious to humans, and for that reason we will concentrate on them.

Type A is a medium sized virus, as viruses go, but all viruses are extremely small, much smaller than bacteria. Compared to almost any other micro-organism viruses are simple in structure, consisting of little else than genetic material that specifies how the virus is built and any accessory structures it needs to trick a host cell to build a new copy of itself from this blueprint. In effect, it wants to turn the host cell into a Xerox machine for influenza virus.

Commandeering a host cell for this purpose is called infection. The consequences for the host cell might be small (new copies of a harmless virus are made) or catastrophic (the host cell dies and viral copies are loosed to infect and kill more cells). Because our bodies try to defend against bad consequences we have defenses which are in turn countered by viral counter-defenses, which the virus builds into its structure. Thus the influenza virus has both the means to replicate itself and some tools and strategies to interfere with the host cell's ability to prevent it from accomplishing its objective.

So what can you do to be prepared for flu season? While there is no absolute prevention, there are things you can do.

If your physician tells you that you fall in any of the special risk categories because of your age or a chronic condition such as diabetes, get a flu shot. While no vaccine covers every type of flu virus out there, you will at least be protected from some.

Don't spread infection, and encourage others to do the same. If you believe you have the flu, don't go to work or any events that will bring you in contact with other people. Avoid people with obvious symptoms, such as coughing, sneezing and fever.

Wash your hands thoroughly and often!

Through the season, get plenty of rest and drink lots of fluids to help yourself remain as healthy as possible. If you smoke, now is the time to quit.

(Information for this article was drawn from the Centers for Disease Control and the World Health Organization.)

Differences Between Seasonal and Pandemic Flu

Seasonal Flu	Pandemic Flu
Caused by influenza viruses that are similar to those already circulating among people.	Caused by a new influenza virus that people have not been exposed to before. Likely to be more severe, affect more people, and cause more deaths than seasonal influenza because people will not have immunity to the new virus.
Symptoms include fever, headache, tiredness, dry cough, sore throat, runny nose, muscle pain. Deaths can be caused by complications such as pneumonia.	Symptoms similar to the common flu but may be more severe with more serious complications.
Healthy adults usually not at risk for serious complications (the very young, the elderly, and those with certain underlying health conditions at increased risk for serious complications).	Healthy adults may be at increased risk for serious complications.
Every year in the United States, on average: <ul style="list-style-type: none"> • 5 to 20 percent of the population gets the flu; • More than 200,000 people are hospitalized from flu complications; and • About 36,000 people die from flu. 	The effects of a severe pandemic could be much more damaging than those of a regular flu season. It could lead to high levels of illness, death, social disruption, and economic loss. Everyday life could be disrupted because so many people in so many places become seriously ill at the same time. Impacts could range from school and business closings to the interruption of basic services such as public transportation and food delivery.

Clarification

A photo article on Labor Day on page 2 of last week's post did not clearly identify a photo taken at the Dental Clinic. Col. Ronald Burkholder is the staff dental officer at Mills Medical and Dental Clinic on Doughboy Loop. Lt. Col. James L. Thompson holds the position of Director of Dental Services at the clinic. The Post regrets any confusion caused by the article.

NEIGHBORHOOD

THE CORNER

Army Community Service to host pair of seminars

Army Community Service, in partnership with Burlington County College's Job Placement Office, will host a Job Interview Skills Workshop **Sept. 18** from 11:30 a.m. to 12:30 p.m. in Bldg. 5201 Maryland Avenue.

Register by calling Rod Martell, Army Community Service, at 562-2186 or send e-mail to rod.rodriguezmartell@us.army.mil. Seating is limited to 20 people.

ACS will also host a Basic Training for Business seminar **Sept. 18** from 5:30 to 7:30 p.m. in Bldg. 5201. This seminar will explore some of the pitfalls of starting a business, the responsibilities of the owner and the resources available to help make an informed decision.

To register, call (856) 225-6221. For directions and access to Fort Dix, call Rod Martell at 562-2186 48 hours before training date.

Disclaimer: This opportunity is not an endorsement of the company or the company's products or services by Army Community Service, Fort Dix or the United States Army. This is an effort to provide legitimate employment opportunities for the families of "Team Dix" and our service members preparing for retirement or separation.

Classes starting soon at Main Chapel

Sunday School will begin **Sept. 9** from 10 to 11:15 a.m. It is our mission and we need help for the coming school year. We need teachers and substitutes.

If anyone hears the call to this mission and is interested in helping, please sign up outside room 21 at the Main Chapel or call Chaplains Biederman or Logan at 562-2020 or Thuan Domski at 893-7627.

Registration forms for children are available in room 21 on Sundays and at the reception desk during the week.

CCD begins **Sept. 23** from 9:15 to 10 a.m. Anyone interested in teaching please call Hilde Dreyer at 562-4853. Registration forms for children are available in room 18 on Sundays and at the reception desk during the week.

The Christian Women Of the Chapel (CWOC) will begin their fall series with a tea **Sept. 4** at 7 p.m. in the Fellowship Hall. Regular meetings will begin **Sept. 11** from 9:30 a.m. to noon. All women are invited to attend.

Alcoholics Anonymous meetings held weekly

Part of the mission of the Army Substance Abuse Program is to support 12 Step Programs in the community. There are two Alcoholics Anonymous meetings on Fort Dix.

Each Tuesday night at Bldg. 9013 is a closed meeting for members from 7:30-8:30 p.m. On Thursday nights, there is a meeting at the Main Chapel from 7-8 p.m. (use the 8th Street parking lot entrance; the meeting is in the lounge near Fellowship Hall).

To find out more about these meetings, call 562-2020.

There is no cost except the desire to stop drinking behaviors that are harmful to self and others. If you or someone you care about needs help, these meetings are ANONYMOUS. If you have questions about these meetings or need a Big Book, please call or stop by Building 5203, Maryland Avenue or call 562-4011. We have recovery literature and videos to assist those who need the help.

State to offer Army retiree license plates

The Fort Dix Retiree Council would like to solicit your help in supporting the New Jersey Retired Army Retiree License Plate Initiative.

To apply for the New Jersey Retired Army plates, a minimum of 150 applicants are required. There is a fee of \$15 for each set of license plates per car.

To apply, call retired Command Sgt. Maj. Walker at 351-5020, retired 1st Sgt. Tamayo at 670-3586, or the RSO at 562-2666. Information needed is name, rank, address, and current license plate number.

Checks and money orders should be made payable to the Fort Dix Retiree Council. Only N.J. residents can apply.



photos by Steve Snyder

Spouses do tomatoes!

Members of Amada Espinoza's International Spouses Club outdid themselves Friday, paying homage to La Tomatina Day at their monthly meeting at ACS, supposedly a big deal in the Spanish province of Valencia. Staff Sgt. Ricardo Rosario was the guest speaker, elucidating on the quaint Spanish festive custom of throwing tomatoes at a friend before devouring them. But the International Spouses were much too hip for that, concentrating on eating various delectable tomato dishes instead. Native-born German Maria Schenck brought in tomato salad, tomato mozzarella and Wurst salad; Espinoza contributed Peruvian stuffed tomatoes to the offerings; Roxanne Delle Site supplied Margarita pizza and Sana Syed-Enc added tomato soup, Gnocchi, and tomato and pepper jack cheese to the mix. Other participants included Marilyn Flanner, Carina Delle Site, Maria Borrue and Carolyn Flannery. Ole!

International travel tricky under new laws

Gerry Zanzalari
Public Affairs Staff

Passport. Just the word conjures up images of travel to faraway exotic places with warm breezes, miles of white sand beaches, snow capped mountains with world-class skiing or historical treasures in distant lands.

A United States passport is the single most important document an American citizen can have when traveling. It is an internationally recognized travel document that verifies the identity and nationality of the bearer. Passports for U.S. citizens are issued by the U.S. Department of State.

A valid U.S. passport is required for a U.S. citizen to enter or leave most foreign countries, and in the near future, will be required for anyone re-entering the United States via any mode of travel.

But actually getting one is an entirely different story. Reading the application description on the State Department Web site leads one to assume that all it takes is an application, photographs and a fee. Although the website states that application processing time has increased, you should be prepared to wait... and... wait... and... wait some more to actually receive your passport. Currently, the standard application turnaround time is about 10 to 12 weeks.

The increased processing time is a direct result of recommendations by the 9/11 Commission which Congress

subsequently passed into law. This law, called the Intelligence Reform and Terrorism Prevention Act of 2004, includes the U.S. Department of State and Homeland Security's Western Hemisphere Travel Initiative (WHTI) which requires all citizens of the United States, Canada, Mexico, and Bermuda and other Caribbean nations to have a passport or other accepted document that establishes the bearer's identity and nationality to enter or reenter the United States from within the Western Hemisphere.

This travel initiative is being implemented in two phases. The first phase, implemented in January 2007, includes all U.S. citizens traveling between the U.S. and Canada, Mexico, the Caribbean, and Bermuda by land or sea, including ferries, to present a valid U.S. passport or other appropriate documents as determined by the U.S. Department of Homeland Security.

Applying for a passport is relatively straightforward. To obtain a passport for the first time, you must appear in person at any one of over 9,000 passport acceptance facilities located throughout the United States. Many of these acceptance agencies are located at U.S. Post Offices. Two photographs of yourself on a light colored or white background, proof

of U.S. citizenship, and a valid form of photo identification, such as a driver's license, other government agency or employer issued identification are also required. A social security card is not proof of identity. Remember that you cannot be in uniform or wear any type of non-religious headgear in your passport photo.

Cost of a passport for adults older than 16 years is \$67 for the application fee and \$30 for the execution fee for a total of \$97. For children younger than sixteen, the cost is \$52 and \$30, respectively. Part of the application fee, \$12, is applied to a security surcharge. In all cases, these fees are non-refundable.

Cash, checks, credit cards and money orders are accepted at acceptance agencies everywhere. If you need your passport sooner than eight to ten weeks, the State department allows for an expedite fee of \$60 in addition to the regular fee.

This fee speeds up the process and you should receive your passport in about three weeks. To make things progress even faster, you may add a \$16.25 overnight mail fee to your application and the agency will overnight mail your document immediately upon completion.

If your date of travel is less than two weeks away or if your travel plans require that you obtain a visa from another country, you must make an appointment to appear in person at

a local passport agency where you will receive your passport the same day you apply. There are 14 passport agencies nationwide. To arrange for an appointment at any of these agencies, (the Philadelphia Passport Agency is the nearest facility) call the National Passport Information Center at 1-877-4USA-PPT (1-877-487-2778). Phone lines operate twenty-four hours a day, but due to unprecedented volume, the best time to call is between 8:30 p.m. and 9 a.m. daily, except weekends and holidays.

Keep in mind that if you require a passport for any children younger than age 14, you must appear at the passport agency with the children, a birth certificate with both parents' names listed or a court order establishing custody in the case of single-parent families. Parents must also present proof of identity. Since there are innumerable variations in family situations, the State department website will explain exactly what documents you will need to present if your circumstance is out of the ordinary.

To avoid canceling or postponing any upcoming travel plans, you should apply for your passport as early as possible. While there are always exceptions to any rule, having your passport in hand is the most important thing you can do to steer clear of any possible problems when you go on your dream vacation.

If you have any questions, contact the National Passport Information Center by phone or the US Department of State on the web at <http://travel.state.gov>.

A United States passport is the single most important document an American citizen can have when traveling.

Sun setting on days of summer



Khalif Wilson, a sophomore at Pemberton Township High School, left, and fourth-grader Rahmel Mitchell, above, take one last lap and a final swing at summer fun.

photos by Wayne Cook

ROAD TO OIF/ OEF

Soldiers of Headquarters Company, 131st Armor Battalion, Alabama National Guard, right, perform critical sight security at Fort Dix's Camp Remembrance with the aid of an interpreter. These Soldiers are undergoing mobilization training at Fort Dix in preparation for deployment in support of the Global War on Terrorism. This training scenario presented the Soldiers with a potentially hostile civilian approaching a checkpoint in a vehicle.



Spc. Roger Kilpatrick, above, checks underneath the vehicle of a potentially hostile civilian for possible bombs or Improvised Explosive Devices. The civilian, roleplayed by Cpl. Jason Kluwiter, is guarded by Sgt. David Haley and Sgt. Richard Stuckey, far right. Sgt. Ronald Stevenson performs a body search, below.



photos by Ryan Morton

Volunteers are needed for

Fort Dix Special Observances Committees

Martin Luther King Jr. Birthday
Black History Month
Women's History Month
Holocaust Remembrance Day
Asian Pacific Heritage Month
Women's Equality Day
Hispanic Heritage Month
Native American Heritage Month

For more information call
Denise Horton at 562-4011

FORT DIX WANTS YOU



TO BE A VOLUNTEER

Call Army
Community Service

at 562-2767

to find out more

NCO Call

at Club Dix

Wednesday evenings
at 6 p.m.

Read The Post!

Pay for performance

(continued from page 1)

You can imagine the magnitude of this when you consider that it will impact 750,000 DoD civilians, including 220,000 Army civilians! Approximately 40,000 Army civilians have converted and the remaining 180,000 are expected to convert in Fiscal Year 2008.

The National Security Personnel System focuses on the employee, not the position. In TAPES, employees were placed into an occupational family. NSPS uses four Career Groups instead: Investigative & Protective Services Career Group (6 percent of DoD workers), Medical Career Group (5 percent), Engineering and Scientific Career Group (18 percent) and Standard Career Group (71 percent). As you can see, most employees fall into the Standard Career Group.

Instead of a Pay Plan (GS, WG, etc.), employees have a Pay Schedule. Pay Schedules combine similar types of work within a Career Group based on the occupational definition of Professional and Analytical, Technician/Support, Supervisory and Student positions. Each Pay Schedule within a Career Group has a code. For example, in the Standard Career Group, Pay Schedules are Professional/Analytical (coded YA), Tech/Support (YB), Student Employment (YP), and Supervisor/Manager (YC). The other three Career

Groups have similar Pay Schedules.

NSPS provides pay opportunities based on performance, not job classification. Pay Bands have replaced Grades. Now each Pay Schedule has only three or four Pay Bands that overlap. As an example, a Professional/Analytical position in the Standard Career Group in Pay Band 1 can be considered an entry or developmental position that allows the employee to earn somewhere between \$25,000 to \$60,000, based on his or her performance. This is roughly equivalent to a GS 5-8 in the TAPES system.

The National Security Personnel System promises to provide a great tool for leaders to evaluate and motivate employees.

Pay Band 2 personnel can be considered journeymen, and their pay range goes from about \$38,000 to \$50,000. This is similar to a GS 9-13. An employee working as an expert or program manager may be in Pay Band 3 earning between \$74,000 to \$124,000, similar to a GS 14-15. Note that an employee in Pay Band 1 may be making more than an employee in Pay Band 2. This allows us to reward superior performance, even if we cannot promote the employee to the next higher Pay Band yet. You are no longer "stuck" in the small pay band for your WG or GS position. If you represent the typical Fort Dix employee who strives for and achieves excellence, you will do well! NSPS clearly links employee objectives to organizational goals. Under NSPS, evalua-

tions are all conducted on an annual cycle from 1 October to 30 September. Supervisors have at least three documented performance counseling conversations: one at the beginning of the cycle, one in the middle as an interim review, and the final after the cycle is complete as an annual appraisal.

To begin the cycle, supervisors establish a performance plan so the employee knows what is expected of him or her. Job Objectives are established that link employee goals to organizational missions and goals in clear terms, such as customer focus, communication and leadership. One to five job objectives are required and are weighted according to importance. Effective objectives are specific, measurable, attainable, realistic and relevant, and timed, (or SMART) since these are what employees are rated against. Similar to military evaluations, good metrics are essential to justify a higher rating for each objective. Job objectives focus on the results to be achieved, instead of the activity to be performed.

NSPS ratings are more honest. At the end of the rating period, employees provide a self-assessment to assist the rater in evaluating their performance, similar to a military Officer Evaluation Report Support Form. This is the employee's opportunity to highlight his or her most significant achievements for the year and connect them to the organization's goals.

Rating scales are different from TAPES. In TAPES, most employees were rated an inflated level one on a scale of one (top) to five (bottom). In NSPS, most are rated level three (Valued Performer) on a scale of five (best) to one (bottom). Contributing factors can add or subtract a point for each rating, based on "how" the objective was completed. For example, employee's who demonstrated a strong customer focus in accomplishing a job objective may raise their score for that objective by one point.

Each job objective is rated and the totals are averaged, based on weights and rounding. This gives an overall rating for the evaluation. Few employees will receive a 4 (Exceeds Expectations) and it will be rare that an employee achieves a 5 (Role Model). Some 2's (Fair) will be given for performance where improvement would be desired and 1's (Unsuccessful) will be seen only after the employee fails to achieve assigned objectives. It is recognized that it may take some time for the necessary cultural change in this system. Under NSPS, a "Level 3 Valued Employee" is harder to achieve than the former TAPES Level 3 Fully Satisfactory Rating. While it will take time for some to adjust to being "average," this system is more honest and will reward performance better.

NSPS pay settings are more

Fort Dix is implementing the National Security Personnel System for about a third of its civilian workforce.

fair. After the evaluations are completed, the Deputy to the Commander, who serves as the Pay Pool Manager, designates three to six members chosen from the Fort Dix Directors as well as senior leaders from sub-installations to serve on the Pay Pool Panel each year. This occurs during November and December. This Pay Pool Panel reviews all evaluations for fairness across the installation and approves all ratings.

Employees whose performance rating was one are not eligible for increase in pay. Employees who received a two or greater are eligible for rate range adjustments and local market supplement increase. Only employees who received a 3 or higher are also eligible for performance-based pay.

Similar to the stock market, the installation money is divided into "shares" and given to each employee based on his or her rating performance and pay band. The Pay Pool fairly distributes the money budgeted to the installation for employee pay as a base salary increase and/or bonus.

So what? Locally, Fort Dix is implementing NSPS for about a third of the civilian workforce. We began our evaluations on April 15 of this year, and conducted interim assessments already. We conducted a "mock Pay Pool" to practice and refine this new process. In After our first dry run, we learned many lessons. The Pay Pool challenged all ratings for

solid metrics and called supervisors in to explain their reasoning for ratings that were poorly written or were questionable. We paid close attention to the assessments that employees submitted, as well as the supervisor recommendations. A wise employee and supervisor will write clearly, link the objective to the organization's mission, clearly separate objectives and contributing factors for ease of review, and be willing to fight in words and presence for the employee who deserves recognition.

While we are learning new terms and processes along the way, NSPS promises to provide a great tool for leaders to evaluate and motivate employees. More importantly for most of you, NSPS provides the opportunity to be a part of the evaluation process in a real way!

As always, everything rises and falls based on leadership. NSPS is merely a tool. Leaders must learn more to effectively motivate their employees and employees must learn more so they can bring home more money and get the recognition they deserve for the work that they do.

Fort Dix CPAC for training classes. Go to DoD's NSPS Web site at <http://www.cpmi.osd.mil/nsps> or the Army NSPS website at <http://cpo.army.mil/library/general/nsps> to read more. Remember, performance REALLY counts!

WDIX
Channel 2
24/7 information

WWW.DIX.ARMY.MIL

Pay for performance

(continued from page 1)

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WDIX
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WWW.DIX.ARMY.MIL

MILITARY MATTERS

Bullets

Full Replacement Value to cover personal-property shipments

● **WASHINGTON, Sept. 4, 2007** - Servicemembers and DOD Civilians will soon be eligible for Full Replacement Value protection on most DOD-funded personal-property shipments. FRV coverage will apply to personal-property shipments with a pickup date on or after:

- Oct. 1 for international shipments to and from outside the Continental United States,
- Nov. 1 for domestic shipments within CONUS,
- March 1, 2008, for non-temporary storage, and
- March 1, 2008, for local moves and Direct Procurement Method shipments.

Under the FRV program, the Transportation Service Provider is responsible for the greater of \$5,000 per shipment, or \$4 times the net weight of the shipment, in pounds, up to \$50,000.

"In other words, the shipment weight doesn't really factor in until you are over that \$5,000 threshold," said Dinah Locklear Butcher, chief of Acquisition and Services Branch, Personal Property Division. "A 100-pound shipment is still protected up to \$5,000."

To receive FRV, servicemembers must file their claim with the TSP instead of the Military Claims Office. As before, servicemembers will record loss or damage discovered after delivery on DD Forms 1840 or 1840R, and submit forms to the TSP within 75 days of delivery.

"That means that the forms must be postmarked within 75 days," Ms. Butcher said. "Customers must provide prompt notice of loss and damage."

After the forms are received, the provider has the right to inspect the damaged items.

Servicemembers must then file a claim with the TSP within nine months of delivery. If they miss that deadline, they are still eligible for depreciated value, as in the previous program, for up to two years from delivery.

"After two years, except in specific circumstances, the member is not entitled to any recovery," Ms. Butcher said. "So, I can't stress this enough - meeting these deadlines and filing the claim is in the members' hands."

When the claim is filed directly with the provider, the provider will be responsible for obtaining all repair and replacement costs. The provider will also pay FRV cost on items that need replacing or have been lost or destroyed.

FRV guidelines are available at www.sddc.army.mil.

Armed Services Blood Program looking for AB blood donors

● **ALEXANDRIA, Va., Aug. 28, 2007** --- The Armed Services Blood Program (ASBP) is asking all AB donors to come forward and give blood! AB donors, as universal plasma donors, possess a unique gift and therefore play a vital role in saving lives.

Many do not know that group AB blood is a critical component used to treat patients during times of urgency.

- Less than four out of every 100 people in the United States have group AB blood.

- Trauma surgeons have noted increased survival rates when plasma is used at the earliest stages of treatment.

- The universal plasma is group AB so it can be given to anyone in an emergency.

"We are asking all eligible AB donors within the military community to please give blood! Our surgeons need this plasma as they fight to save the lives of our men and women in uniform," urges Commander Michael C. Libby, Director of the Armed Services Blood Program.

To find out where you can donate, visit www.military-blood.dod.mil/WhereToGive.

Army, Navy team to salvage Russian sub, train personnel

Spc. Morrene E. Randell
American Forces Press Service

PROVIDENCE, R.I., Sept. 4, 2007 -- A light breeze rippled over the dark water of Providence Harbor as two divers sank below the water's surface, leaving behind a long trail of air hoses and the sound of their breathing through the radio.

Usually a transport vessel, the U.S. Army Vessel New Orleans, Landing Craft Utility 2031, from the 824th Transportation Company (Heavy Boats), is rendering itself as a diving platform for Army and Navy divers attempting to salvage a sunken Russian submarine in Providence Harbor.

The New Orleans is an Army Reserve vessel manned by a crew of Soldiers from 143rd Sustainment Command (Expeditionary). It made its way from its home mooring in Tampa, Fla., to Rhode Island on Aug. 15 to take part in the 40-day innovative readiness training mission, a program that allows Defense Department funding, personnel and equipment to support U.S. civilian projects that provide invaluable combat training that would apply to a unit's mission.

"It's nice, because it's an opportunity to get to work together with people we don't normally work with and understand and appreciate what they are doing," Army Chief Warrant Officer 2 Anthony Tartaglia said. The crew "gets training that they can carry on either in their civilian life or in their military career," the New Orleans' vessel master said.

"When there are large ships that can't come into some

ports, we will go out to them," Army Chief Warrant Officer 2 Clark Patton, chief engineer of the New Orleans, said. "We also transport materiel and men, as well as help the Navy transport their materiel when needed."

At the onset of Operation Iraqi Freedom, the 824th was dispatched to the Persian Gulf, where it served as a diving platform for divers who were clearing oil platforms of explosives. The Rhode Island mission is similar, but far less dangerous.

Beneath the New Orleans lies a Juliet 484 Russian submarine. Army and Navy divers are using the boat's ramp as a platform to survey the sub, which sank earlier this year.

"It sank this April after a particularly nasty nor'easter," Tartaglia explained.

"It's in shallow water. ... The deepest part is about 35 feet," Navy Petty Officer 2nd Class William F. Stetson IV, one of the divers, said. "So it's easy to get down to." Stetson is with Mobile Diving Salvage Unit 2 from Little Creek, Va.

The teams of divers have been surveying the sub to come up with the safest and most practical way to raise it. "We're in phase one of a two-part phase mission," Stetson said. "We've connected four wires

and hydraulic cords to keep it stable and prevent it from going any further into the channel. (In the second phase), another team will come back and actually raise the sub."

As further insurance to stabilize the sub when it is raised in 2008, four 7,200 pound anchors called "dead men" have been buried in holes 10 feet deep and wide, and they have been attached to the submarine. The anchors also are



Spc. Morrene E. Randell

DIVING DUO -- Navy diver Maximilian Yeager double-checks Army Sgt. Kristopher Stribbling's dive gear aboard U.S. Army Vessel New Orleans.

being used to pull the submarine toward the pier with hopes it will slightly right itself and resurface.

"This is an excellent mission," Sgt. Kristopher Stribbling said. "To get the chance to come out here and dive on a Russian submarine is phenomenal," the Army diver added. "It's a very unique mission being a submarine, so it has all kinds of new knowledge to take back to the unit."

Banners fly high for field artillery

1st Lt. James Jones,
and 1st Sgt. John
Lunsford, HHB,
1/143rd Field Artillery
Battalion, Detachment
1, below, receive their
unit's yellow banner on
Doughboy Field
Aug. 30.



photos by Wayne Cook

Several units of the 1/143rd Field Artillery Battalion, California Army National Guard, display their yellow banners on Doughboy Field Aug. 30. Those pictured are: Capt. Eric Lendeweg and 1st Sgt. Salvador Solis, Alpha Battery, above left; Capt. Bryan Wintzer and 1st Sgt. Richard Munoz, Bravo Battery, above center; Capt. Marc Anderson and 1st Sgt. Daniel Patrick, Charlie Battery, above right; and Lt. Col. Ian Falk and Command Sgt. Maj. Michael Winstead, Task Force 143, left. These units received their yellow banners prior to deploying in support of the Global War on Terrorism. The banners will be displayed above Infantry Park until the units redeploy, at which time the banners will be returned to them.



Announcements



**Movie
Schedule**
at the McGuire AFB Theatre
Movie Hotline 754-5139

Friday, September 7 @ 7:30 p.m.

The Bourne Ultimatum - Matt Damon, Julia Stiles, David Strathairn, Joan Allen, Scott Glenn, Paddy Considine, Albert Finney - All he wanted was to disappear. Instead, Jason Bourne (Matt Damon) is now hunted by the people who made him what he is. Having lost his memory and the one person he loved, he is undeterred by the barrage of bullets and a new generation of highly-trained killers. Bourne has only one objective: to go back to the beginning and find out who he was. He must travel from Moscow, Paris, Madrid and London to Tangier and New York City as he continues his quest to find the real Jason Bourne—all the while trying to outmaneuver the scores of cops, federal officers and Interpol agents with him in their crosshairs.

MPAA Rating: PG-13 - violence and intense sequences of action

Run time: 115 minutes

Saturday, September 8 @ 7:30 p.m.

No Reservations - Catherine Zeta-Jones, Aaron Eckhart, Abigail Breslin, Bob Balaban, Brian F. O'Byrne, Jennifer Wade - Master chef Kate Armstrong (Catherine Zeta-Jones) lives her life like she runs her kitchen at a trendy Manhattan eatery—with a no-nonsense intensity that both captivates and intimidates everyone around her. Kate's perfectionist nature is put to the test when she "inherits" her 9-year-old niece Zoe (Abigail Breslin), while contending with a brash new sous-chef who joins her staff. High-spirited and freewheeling, Nick Palmer (Aaron Eckhart) couldn't be more different from Kate, yet the chemistry between them is undeniable. Rivalry becomes romance, but Kate will have to learn to express herself beyond the realm of her kitchen if she wants to connect with Zoe and find true happiness with Nick.

MPAA Rating: PG - some sensuality and language

Run time: 105 minutes

Future Features...

The Bourne Ultimatum
Friday, Sep. 7 @ 7:30 p.m.
PG-13, 115 minutes.

No Reservation
Saturday, Sep. 8 @ 7:30 p.m.
PG, 105 minutes.

Main Chapel

562-2020

Sunday Services

Protestant at 9 to 10 a.m.
Catholic Mass at 10:15 to 11:15 a.m.

Gospel at 11:30 a.m. to 1 p.m.

Catholic CCD begins Sep. 23 at 9:15 a.m. -

Interested teachers call Hilde Dreyer,
562-4853

Protestant-Gospel Sunday School - 10 a.m.
Teachers and substitutes needed. Sign up outside Room 21 or call Chap. Biederman or Chap. Logan at 562-2020 or Thuan Domski at 893-7627.

Wednesday Services Main Chapel

Protestant Bible Study noon
Chapel Library

Chapel 5 (Bldg. 5950)

Protestant at 7:30 to 8:30 p.m.
Fellowship Hall

Catholic at 7:30 to 8:30 p.m.
Sanctuary

FOB in Chaplain's Tent

General Christian at 7:30 to 8:30 p.m.

Religious Services

Islamic Prayer room
open 7 a.m. to 4:30 p.m. Monday through Friday - Room 24

Adult Bible Study
Wednesdays at noon and 7 p.m.

Catholic Adult Bible Study
Sundays, 11:30 a.m.

Christian Women of the Chapel hold a Bible Study - starts fall sessions Sep. 11, Tuesdays, 9:30 a.m. to noon

Christian Men of the Chapel hold a Prayer Breakfast - Fourth Saturday of each month, 9 to 11 a.m.

Youth of the Chapel

Every second and fourth Tuesday
7 to 9 p.m.

Jewish High Holiday Schedule

Chapel #1 McGuire AFB
Rosh Hashana
Evening Service Wed. 12 Sep. 1800
Morning Service Thurs. 13 Sep. 1000
Morning Service Fri. 14 Sep. 1000

Fort Dix Main Chapel

Yom Kippur
Kol Nidre Fri. 21 Sep. 1830
Morning Service/Yizkor Sat. 22 Sep. 1000
Nilah and break the Fast Sat. 22 Sep. 1730

Youth Center

Bldg. 1279 Locust Street
562-5061

Hours of Operation:
Tuesday - Friday 2 to 7 p.m.
Saturday 1 to 7 p.m.

Sunday & Monday CLOSED

Administrative Hours:
Tuesday - Friday noon to 6 p.m.

Sep 7 - Sep 13

Friday

Self-Directed Activities
1 - 7 p.m.

Saturday

Teen Center:
DDR Tournament
3 - 5 p.m.

Monday

Closed

Tuesday

Power Hour
2:30 - 4:30 p.m.

Computer Lab

4 - 6 p.m.

Wednesday

Power Hour
2:30 - 4:30 p.m.

Computer Lab

4 - 6 p.m.

Thursday

School Closed
Full Day Middle School
Open Recreation
2 - 7 p.m.

Goals for Growth Program starts Sep. 18, and runs through Nov. 20. The program is a 10 week program that will be held on Tuesday afternoons from 3:45 - 4:45. The program is open to 11 and 12 year olds and will be led by Ms. Erica Bryant. Contact the Youth Center with any questions and to register.

Note: The Teen Center is open Fridays and Saturdays from 7 to 11 p.m. except during the Youth Center's Midnight Basketball nights.

Army Community Service

Bldg. 5201, 562-2767

Interview Skills Seminar

Sep. 18
contact Rod for details
562-2186

Hearts Apart

Sep. 11 and 25
10 a.m. - 1 p.m.
Army Community Service

Lunch and Learn Series: Avoiding Homework Hassles

September 21
11:30 - 12:30
Army Community Service

Newcomer's Orientation

Sep. 20
9 a.m. - 2 p.m.

EFMP Support Group

3rd Thursday each month
10:30 a.m. to 12:30 p.m.
Army Community Service

EFMP Kidz Plus Program

Free swim for members and families
2nd and 4th Thursdays
5:30 to 6:45 p.m.
Indoor Pool

24-hour Hotlines

Sexual Assault.....562-3849

Victim Advocacy.....694-8724

Child/Spouse Abuse..562-6001

Emergencies.....911

**Or, visit the Fort Dix Department of
Defense Police Department in Bldg.
6049 on 8th Street.**

MOBILIZATION

WDIX
Commander's
Channel 2

YOU CAN USE
NEWS

WDIX
Commander's
Channel 2

Post Shuttle Bus

562-5888

Monday to Sunday - 7 a.m. to 10 p.m.
During the day *Starr Tour* buses are used, in evening the military *Bluebird* buses are run.

Dix Shoppette/Class Six/ Gas Station

723-0044

Bldg. 5359, Texas Avenue
Monday to Friday - 6 a.m. to 10 p.m.
Weekends - 7 a.m. to 10 p.m.

BX/PX & Mall

723-6100

Monday to Thursday - 10 a.m. to 8 p.m.
Friday and Saturday - 8:30 a.m. to 8 p.m.
Sunday - 10 a.m. to 6 p.m.

Commissary

734-4134

Monday to Friday - 7 a.m. to 8 p.m.
Saturday - 9 a.m. to 8 p.m.
Sunday - 10 a.m. to 7 p.m.

Military Clothing/Sales

Store-Alterations

723-2307

Bldg. 5601, Texas Avenue
Monday to Saturday 10 a.m. to 5:30 p.m.
Sunday - Closed.

Firestone

723-0464

Bldg. 4201 on Texas Avenue
Monday to Friday - 7 a.m. to 7 p.m.
Saturday - 7 a.m. to 5 p.m.

Recreation Center

562-4956

Bldg. 5905 on Doughboy Loop
Monday through Friday - 1 to 10 p.m.
Saturday and Sunday - noon to 11 p.m.
AT&T Cyber Zone offers computer access for a fee

McGuire Shoppette

723-4705

East Arnold Avenue by the 24-hour gate
Monday to Thursday - 6:30 a.m. to 9 p.m.
Friday - 6:30 a.m. to 7 p.m.
Saturday - 9 a.m. to 10 p.m.
Sunday - 9 a.m. to 7 p.m.

Burger King

723-8937

Bldg. 5399, Texas Avenue
Monday to Saturday 6 a.m. to 8 p.m.
Sunday 7 a.m. to 8 p.m.

Java Cafe & Computer Lab @Club Dix

723-3272

Monday - Friday - 7 a.m. to 10 p.m.
Saturday-Sunday - Closed.

McGuire Gas Station

723-4705

East Arnold Avenue by th 24-hour gate
Monday to Friday - 6:30 a.m. to 7 p.m.
Saturday - 9 a.m. to 7 p.m.
Sunday - 9 a.m. to 6 p.m.

Spouses' Club Thrift Shop

723-2683

Tuesday and Thursdays - 10 a.m. to 2 p.m.
First Wednesday of the month - 4 to 8 p.m.
First and 3rd Saturday of each month - 10 a.m. to 2 p.m.

Dining Facilities

Bldgs. 5640 and 5986

Breakfast Mon - Sun 6 to 7:30 a.m.
Lunch Mon-Sun 11:30 a.m. to 1 p.m.
Dinner Mon - Sun 4:30 to 6 p.m.

Outdoor Recreation

562-6667

Bldg. 6045 Doughboy Loop
Rentals include skis, snowboards, canoes, tents, tables, chairs and more.
Monday to Friday 10 a.m. - 5 p.m.
Saturday 4 p.m.

Club Dix

723-3272

Dix Cafe

Tuesday to Friday 11 a.m. to 1 p.m.
Revolutions Lounge
Opens 4:30 p.m. Tuesday to Sunday
Karaoke every Thursday at 8 p.m.

Fort Dix Post Office

723-1541

6038 West 9th Street
Monday to Friday - 8:30 a.m. to 4:30 p.m.
Saturday - 9:00 a.m. to noon
Lobby hours
Monday to Friday 7:00 a.m. to 7:00 p.m.

JAG Corner

N. Anderson, Esquire
Staff Judge Advocate Office

Buying a home is the largest and most complex business transaction most people will ever make. Earnest money agreements, sales contracts, mortgage paperwork, etc. are all complex and easy to misunderstand.

Because the process is complicated, buyers should obtain expert advice from their real estate agent and, if possible, a real estate attorney before signing any contract involving real estate. Remember, once you sign the agreement, you are generally bound by the terms of the contract.

Many home buyers attempt to save money by not obtaining their own realtor who will represent their interests in the transaction. Dual agency in a real estate transaction means both the seller and the buyer. A dual agent cannot disclose confidential information to either party and must operate in a hands-off manner. A dual agent cannot get the highest price for the seller and the lowest price for the buyer—it is impossible. Not to mention that the higher the selling price, the more money is made by the realtor. Therefore, buyers should think twice before entering into a transaction where the same realtor represents both the seller and the buyer.

Because of the current market conditions, more and more "short sale" properties have come on the market. A short sale is a situation where a property seller needs to sell his or her home and the sale proceeds are not sufficient to pay off the existing mortgage. It is an alter-

native to foreclosure. The term short sale refers to a process whereby the mortgage company must agree to a reduced payoff in order for the sale to take place. All sale costs must be included and the seller receives nothing, except debt relief and not having a foreclosure on his or her credit record.

Because of the reduced price, short sales may be perceived by home buyers as "great deals," and they can be great deals if the seller can give you proof that the mortgage company already approved of the deal. However, if you are a prospective buyer of such "short sale" property, beware! The seller may accept your offer, you may invest \$1,000 on appraisal and inspection fees, but you may not end up getting the property because the mortgage company may not agree to reduce their payoff.

The mortgage company is a third entity that is not a party to your contract yet their decision will affect the ultimate outcome of the transaction. The mortgage company will review the short sale proposal and closing the sale will depend on its response. It can take many months for the mortgage company to approve the sale proposal.

Therefore, buyers should ensure the contract includes an expiration date or an "escape clause" in the event the short sale approval process takes longer than they anticipate. It is highly suggested that buyers obtain an experienced short-sale agent and/or real estate attorney if they are planning on buying short sale property.

Of course, if you have any questions or need assistance, you can call the installation legal office at 562-3043.

Because of the reduced price, short sales may be perceived by home buyers as "great deals," and they can be great deals if the seller can give you proof that the mortgage company already approved of the deal. However, if you are a prospective buyer of such "short sale" property, beware!

Relationship Safety

Everyone has the right to feel safe in his or her relationships. Are you or do you know anyone in an abusive relationship?

Look for these signs:

- threats or intimidation
- isolation from family and friends
- denying access to money
- sexual abuse
- involving or using children in adult conflicts
- destroying personal possessions
- feeling fearful
- painful put-downs
- use of weapons

Important phone numbers:

Providence House hotline
871-7551
NJ Domestic Violence hotline
800 572-SAFE
Fort Dix Victim Advocate
562-2767
McGuire Victim Advocate
754-9672

**For emergency assistance
call 911**

Honoring the Colors

Reveille
6 a.m. (0600 hours)

Retreat
5 p.m. (1700 hours)

**Military personnel
in uniform**

*Stand at attention,
face the flag and
salute at first note.*

*Stand at attention,
face the flag for
Retreat, then
salute at first note
of To the Colors.*

**Military personnel
not in uniform,
civilians**

*Stand at attention,
face the flag and
place right hand over
heart at first note.*

*Stand at attention,
face the flag for
Retreat, then place
right hand over heart
at first note of
To the Colors.*

**Military personnel
in formation or
in a group**

*Senior Soldier calls
group to "Attention,"
then "Present, Arms"
at first note. Calls
"Order, Arms" at
conclusion.*

*Senior Soldier calls
group to "Attention,"
then "Parade, Rest"
at first note of
Retreat. Calls
group to "Attention"
and "Present, Arms"
at first note of To the
Colors, then "Order,
Arms" at conclusion.*

**Individual military
personnel, civilians
in a vehicle**

*Stop vehicle and exit.
Follow steps above.*

*Stop vehicle and exit.
Follow steps above.*

**Group of military
personnel in
a vehicle**

*Stop vehicle. Individual
in charge exits and
follows steps above.*

*Stop vehicle. Individual
in charge exits and
follows steps above.*

Other bugle calls heard on post are:

Tattoo.....9 p.m. (2100 hours)
Call to Quarters.....9:30 p.m. (2130 hours)
Taps.....10 p.m. (2200 hours)

**FORT DIX
WANTS YOU**



MAKE A DIFFERENCE

*Fort Dix is looking for interested residents
who would like to volunteer*

**"Fort Dix volunteers improve the
quality of life for all residents"**

For those residents who want to make sure the
Fort Dix community is the best it can be please

Call Army Community Service at 562-2767

NFL phenom welcomes Soldiers



Wayne Cook

INVINCIBLE -- Vincent Papale, former NFL player with the Philadelphia Eagles, and his family welcome home Soldiers of the 324th Military Police Battalion, Chambersburg, Pa., during a welcome home ceremony at Bravo Company Sept. 5.

Wayne Cook Public Affairs Staff

When the Soldiers of the 324th Military Police (MP) Battalion from Chambersburg, Pa., returned from Iraq Sept. 5, they were met by someone who wanted to make sure they knew their service was appreciated.

Vincent Papale, former National Football League player with the Philadelphia Eagles, brought his wife Janet, daughter Gabriella, and son Vincent to the Welcome Home ceremony at Bravo Company to thank the Soldiers for their sacrifices and service.

When the Soldiers got off the buses in front of the old chapel building, the Papale family joined representatives

of the Vietnam Veterans of America, Chapter 899, from Bordentown, representatives of the United Service Organizations (USO), Philadelphia and South Jersey, and Soldiers and civilians from the Fort Dix community in shaking hands and welcoming them home.

Papale took time to sign autographs and take pictures with the Soldiers before speaking to the more than 140 MPs.

"My family and I and our friends are very appreciative of what you all have done. Life is about making your dreams come true. What you and your comrades have done and are doing is protecting those dreams. You have no idea what kind of impact you have had on my family and I," said Papale as he addressed the Soldiers.

"The feelings I felt when I

ran out of the tunnel and onto the field at Veterans' Stadium for the first time cannot compare to what you must have been feeling as you got off the airplane today and knew you were back in the United States. Thank you for all of your sacrifices," he said.

Papale was the oldest rookie, outside of kickers, in the NFL when he joined the Eagles at 30 years old. Having been told that he was always too small and would never make it to the big league, he never gave up on his dream and played semi-pro ball until he was picked up by Coach Dick Vermeil and signed as a wide receiver and special-teams player in 1976.

His story was made into a movie in 2006 titled, "Invincible."

Steel Angel tops FCI



Ed Mingin

Steel Angel and FCI met in the preseason tournament back in June. It came down to the wire, with FCI edging out their opponent 14-13 to grab the pre-season championship. Moving into the regular season, both teams continued their winning ways. It would only be a matter of time before they met again, this time to determine the regular season championship. This time however, the game wouldn't be as close. Steel Angel was firing on all cylinders and pulled off a stunning 10-0 victory Aug. 30, grabbing the regular season title. The celebration was short lived though, as the post season tournament started Sept. 5. The double-loss competition will come to a close Sept. 18. Will Steel Angel, Dave Zinc at left, and FCI dominate the tournament and meet for a third championship game this season? Look in next week's Post for game results.



courtesy photo

Sports Shorts

Griffith Field House

Saturday & Sunday
9 a.m. to 5 p.m.
Monday - Friday
6 a.m. to 9 p.m.

Joint Base Half Marathon

Fort Dix Army Installation, Lakehurst Naval Air Engineering Station, and McGuire Air Force Base will hold its Inaugural Joint Base Half Marathon, Saturday, September 29, 2007 at 8:30 a.m.

The 13.1 mile route will be on paved surfaces within McGuire Air Force Base and Fort Dix's Cantonment Area. There is a 3-hour time limit to finish the marathon. The entry fee includes a T-shirt, a participation medal, pasta dinner, information packet, post run snacks, along with tons of fun and entertainment!

Participants will pick up their Packet the day prior, Friday, September 28, 2007, 4-6pm, with the Pre-Race Carb Dinner following at 6pm at the Community Center. Guest speaker will be Col Tom Kastner, USA, coach of the US Army Marathon Team.

Cost for dinner is included in your registration fee.

There will also be a 5K Fun Run/Walk and a Kids Run. Arrival time for all races is 5:00-7:30am. Security will direct participants where to park and to main event area.

For further details, please contact Lt Terry DeMille at 609-754-4750.

Griffith Class Schedule

Monday
Cardio Kick Express
4:30 p.m. - 5:00 p.m.
Total Toning
5:15 p.m. - 6:15 p.m.

Tuesday
Sculpting Express
9:30 a.m. - 10:00 a.m.
Spin-It
noon - 12:45 p.m.
Intro to Fitness
5:15 p.m. - 6:15 p.m.

Wednesday
Circuit Training
5:15 p.m. - 6:15 p.m.

Thursday
Step & Sculpt
noon - 12:45 p.m.

Pilates Fusion
5:15 p.m. - 6:15 p.m.

Friday
Spin-It
noon - 12:45 p.m.

For more information about activities at the Griffith Field house, or to verify class times, call 562-4888.

Pool Hours

Winter hours are now in place at the indoor pool.

Monday - Friday
Military Lap Swim
6 a.m. - 8 a.m.

Retirees/Dep. Lap Swim
10:00 am-11:30 am
Active Duty/DOD Lap Swim
11:30 a.m. - 1 p.m.

Saturday
Lap Swim
10:30 a.m. - noon
Recreation Swim
1 p.m. - 5 p.m.

Sunday
Hydro Aerobic Class
10:30 am-11:30 am

Monday - Wednesday
Hydro Aerobic Class
7:30 p.m. - 8:30 p.m.

2007 Flag Football Season

Sign Up Today!

Coaches Meeting
20 September 1800
at Griffith Field House

Open to ALL Team Dix and MUST BE at least 18 years old to play.
Contact Chris O'Donnel for more information at (609) 562-2769/3961
or visit Griffith Field House website: www.dixnet.com

These MWR Activities Host Birthday Parties and Group Outings!

Aquatics
(609) 562-2808
Arts & Crafts
(609) 562-5691

John Mann Park
(609) 562-6667

Bowling Center
(609) 562-6895